

Methods of food intolerance testing - Hair vs Breath vs Blood

For people who suffer from food intolerance symptoms, they are on a long arduous journey to find the reason for the issues. The manual method of using the elimination diet is very long. Often the person is not patient enough to do an elimination diet.

This has led to the need to find a solution using biological testing. Here are the different testing methods used and a brief on how these methods work.

Hair testing

Many companies offer to test using hair samples. This method has the advantage of being non-invasive. This is a great option for finding out factors like mineral deficiencies, vitamin deficiencies, metal toxicity etc. The one disadvantage of the process is that the hair samples often go through a lot of processing from dyes, treatments, shampoos etc., this makes it a slightly unreliable form of intolerance testing. The advantage of this form of testing, however, is that unlike blood or urine, which are often affected by the food you eat, hair is not as affected by these factors, so when it comes to food intolerances, the hair testing is considered to be a more stable testing method.

Breath test

Breath tests are commonly used to detect the presence of irritable bowel syndrome in people. This diagnostic test relates to sugars and the occurrence of deficiencies of enzymes of the body. The test is able to find out if the person may be lactose intolerant. It can also help to find if your body has mal absorption of fructose. These are one of the most common types of intolerances present in the human body and the test is one of the best methods to find out if this is the case.

Unfortunately, it is not an all-encompassing test. It does not consider all the intolerance, especially those related to IgG or immunoglobulin G. These are markers that indicate the tolerance levels of the body. If the breath test gives a negative result then the next test group to look at is the blood testing.

Blood test

This is the most common way to do allergy testing. There are numerous testing methods that are available in the market. Some are found to be better than others when it comes to accuracy. One of the main factors that are important for a good result is the reproducibility of the results and not all tests have this function. Blood serum testing, Cytotoxic testing, blood spot testing etc are a few testing methods available. Many of these tests are not very reliable due to morphology changes that occur in the sample due to the passage of time. The longer the sample is left untested the more inaccurate the result. If you want more details about allergy testing.

<http://www.intolerancelab.co.uk/allergy/>